

Vitalize<sup>SM</sup> in partnership with Personify Health

# Wellbeing for all is now within reach



Meet Vitalize, a digital platform that places the power to live better at Western New Yorkers' fingertips. By partnering with Personify Health, Univera Healthcare is making it easier for you to make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. You'll build healthy habits, have fun with friends and experience the lifelong rewards of better health and wellbeing.

## Within Vitalize, employees will have the ability to:



Connect a fitness tracker so they can log activity and watch for small improvements over time.



See a clear picture of their health by completing the online Health Check, a certified health risk assessment.



Set their interests by choosing to work on an area that matters the most to them, like eating habits, sleep, physical activity, relationships, or finances.



Add friends and family, connecting with up to 10 others to help encourage and motivate one another.



Rally coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.



Use Journeys<sup>®</sup> digital coaching to make simple changes to their health, one small step at a time.



Vitalize is now included as a part of your health plan. Log into your member account to get started. **Member.UniveraHealthcare.com**



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